

How the School Girl May Keep Strong and Healthy

What to Do to Avoid
Lassitude From In-
door Confinement.

Muscle Exercises and
Open Windows Are
Both Important.

Country Sights and
Country Smells Are
Also Desirable.

By MARIAN MARTINEAU.

THE girl who has spent the summer out-of-doors, as nearly every girl has, comes back to school feeling tired.

The confinement of the school room brings about a muscular reaction that is very depressing after a summer of sports. Her spirits, too, feel the strain and the difference between outdoor life and the life of the books and atlases is very pronounced. She gets up in the morning feeling listless and goes to bed in the same manner. It is a severe test upon vitality this sudden change from outdoor life to indoor life.

And it is not only the girl student who feels this change. It is felt by school children of all ages and by every child who has spent the summer in the country. The child who has lived in the open will have a tired, stuffy feeling indoors.

Women the Sufferers.

Grown-up persons are special sufferers in this matter. It is not so much the man of the house, the family man, or the clerk, who feels the change, because a man is out in the air more or less all the time.

The family man gets up in the morning and goes to business. He goes out to his noonday meal. He is in and out all day and he comes home at night weary, but with his lungs filled with good air.

But with the woman of the household it is different. She is in the house all day. She sews and, perhaps, cooks and does the usual housewife's duties. She does not get out more than once a day. Indeed, a certain housewife admitted recently that there were days and days when she did not stir a foot off the front doorstep.

Life Indoors.

Now, staying in the house would not be so bad were it not for the things which go with a life indoors. The mere fact of remaining in one's home is not injurious. But the trouble is that the home is not always in a fit condition for its inmates. It is not hygienic. It is not sanitary. It is not always as clean as it should be. And this statement applies more particularly to handsome homes than to poor ones.

The writer recently paid a visit to the living room and the play rooms of a family of children ranking among the children of the city. The sun of rooms occupied the third floor of the house, and all the rooms from the school room, which was located in a sunny L, or extension, to the sleeping rooms were deliciously fresh and light.

There were no carpets on the floor and the rugs were the thin, light, small Turkish rugs that can be tossed out of the window every day to be shaken. The walls were papered with pretty scenes, but they could be swept down, for no pictures hung upon them—not one single picture! The bric-a-brac consisted of handsome statuary, too large to be moved, and the chairs, while elegant, were devoid of intricate carvings. The whole suite impressed one as being thoroughly healthy.

A Healthy Room.

It is the woman of moderate means who can have a plain room as well as the rich woman, for a plain room is within easy reach of the woman of no means at all. If the woman who finds her home a prison, who discovers that the rugs are always dirty, who notices that the air is close and the room stifled, will make a few changes, she will find things quite different.

"I went into a house," said a trained nurse, speaking of the home of a wealthy family, "and found everybody sick with malaria and all sorts of strange things, known and unknown, catalogued and not catalogued."

"I opened all the windows," said she, "and then, with the assistance of the servants, I took down portieres and lace curtains, I ripped the bric-a-brac and draperies from the wall and transformed the house. In a few days I had a handsome, even elegant, apartment without any of the frippery and trumpery which was there before. I did it as a necessary precaution for my patients, and I found it an improvement."

Hygienic Conditions.

"And what was the result? Why, there was little dust in the house and fresh air blew through it from morning to night. Everybody had an appetite. Everybody felt fresh and longed to get out. And as for the rooms, they looked better. A handsome piece of bric-a-brac here and there is better than a thousand trifles. My patients? Oh, they got well right away, and I was out of a job shortly."

It was Rose Hawthorne Lathrop who invented a room that is hygienically correct. She found it necessary in her charitable work to provide the patients—who are there for life—with clean, bright, cheerful sitting rooms. She applied to an artist and to an architect, and she took several physicians into her confidence. And with this result, as told by Mrs. Lathrop in an interesting book.

"We painted the floors a ripe, cheerful yellow. And we papered the walls in yellow and white. All the furniture is painted either a pretty yellow or a spotless white and the hangings are in this yellow silk that can be shaken out as one would shake a dust cloth. The result is a handsome room, though everything in it is perfectly plain. And the room catches the eye even though its only bric-a-brac is the bright covers of books and the few belongings of the inmates."

So it can be seen that the prettiest rooms are not always the cluttered up ones. And a handsome home can be a plain one. The late Mrs. William C.

TOILET SECRETS.

Advice of a Matron of Experience Upon
Keeping Them to Herself.

A matron of experience and much cleverness believes that a vital cause of domestic unhappiness is the cutting down of the barriers which hedge a woman about with a fascinating secrecy. She says that little defects in person and mind are frankly disclosed rather than carefully hidden as in the woe-filled days, and men see their wives under new conditions that are not always pleasing.

Perhaps there is something more in this than we have suspected. Most wives admit it is harder to keep a husband than to get him. We all confess that we are in our bravest array and best manners before we are won, and if we are honest we will own that we have not carried our company manners into our own homes. It is, of course, impossible to hide our real self save through continual watchfulness, but it is wise to do it unless that self is attractive. Familiarity breeds contempt in many phases of the home life and the man who discovers that the tresses he admires are laid upon the bureau each night is liable to feel a shock he will not get over for some time.

Every woman who has harmless little toilet secrets should keep them from her husband as long as she lives. In one case out of ten disclosures would do no harm, but the other nine men would probably get up an instantaneous admiration for the woman with natural charms. I know a wife whose husband never knew that she had a false tooth till she told, and a husband who lived eight years after her wedding day. One of the prettiest girls of a small city was foolish enough to tell her father that she used rouge. He sent her to her room with a command to wash her face, and return to dinner, which would be kept for her. In ten minutes the dining room opened to admit a ghost, so her father thought, a mere shadow of the brilliant girl he loved with a certain amount of pride in her good looks. One glance was enough for him. "For Heaven's sake, child, go back and put on some color. I am converted from this minute." He happened to be the occasional man who could bear uncomfortable disclosures.

A true story appeared in print some time ago with a heroine whose secretiveness nearly caused a tragic ending of her domestic bliss. She was beautiful and charming, and her husband adored her. One day he discovered that she kept a little portable writing desk securely locked, and wore the key about her neck. He questioned her, and got so little satisfaction that the demon of jealousy entered his heart and remained there. A coldness sprang up between the pair, gradually increasing till both were miserable. There was an open rupture and threats, which resulted in the surrender of the desk key. Trembling with dread of the secret he was about to learn the man opened the desk—to find a dainty cosmetic outfit. His wife had done nothing worse than try to be attractive.—Boston Traveler.

Salt for the Baths.

A cupful of ordinary rock salt is an invaluable addition to the bath. It is especially soothing to a person with jaded nerves, and will often ensure a restful sleep to an invalid or a little child. The salt should be dissolved and thoroughly mixed with the water, which should be moderately warm. Baths of this kind will, in a measure, take the place of sea bathing.

The School Girl of the Present.

The School Girl of Ye Olden Days.

LEMONS A HOUSEHOLD CURE ALL WOMEN SHOULD HAVE

Safe is it to say that the most useful of all supplies in a woman's pantry are her lemons. No fruit probably is recognized as cleansing or medicinal in so many different ways.

Limes, cotton, the skin, the teeth, the scalp, all can be cleansed of stains or purified by the use of lemon juice, and the number of ailments for which it is said to be beneficial is surprisingly numerous. It is a cleaner, a medicine, and a beautifier.

It is as a household remedy that the lemon comes into greatest prominence, and a harmless and clean one it is. There can be no fear of overdoing the dose, and anyone can afford the cure. Moreover, it is a pleasant one, even when taken internally without sugar, and, by the way, this is how lemon juice always should be used.

For a sluggish liver lemons furnish the most beneficial acids. Next to them in point of value stand tomatoes. These should be eaten freely at all meals. The juice of a lemon squeezed into a glass of water ought to be drunk as often as possible, but especially upon rising in the morning, before anything has been put into the stomach.

As a drink it is said to be excellent in skin complaints.

Rubbing slices of lemon on the temples and back of the neck will soothe some kinds of headache. Another way of taking lemon for a bilious headache, and one said to be a cure, is to put a teaspoonful of juice into a small cup of black coffee. It is far better, however, to use lemons freely at all times and so keep the liver active and avoid bilious tendencies.

Rubbing lemon on feet that have been exposed to unusual cold is said to prevent chilblains.

Those who know declare that lemon juice is an efficient antiscorbutic remedy and preventative.

An intermittent fever, so lingering and difficult to throw off, has been found to mitigate its discomforts when lemon juice in hot, black tea was taken rather freely.

Neuralgic pains sometimes yield when lemon is rubbed over the parts affected. Lemon juice as a cure for warts is an old country application. The fruit is rubbed over the spot.

The gums will be found to be in a much healthier condition if rubbed daily with lemon slices.

As a dentifrice lemon juice in water is warranted to be most effective. Moreover, it sweetens the breath and is a simple means of removing tartar. If the teeth are at all stained, lemon juice will remove the most obstinate of these. For this reason no peel of lemon or even orange should be thrown away at once, for that alone may be sufficient to remove the stains.

As a skin beautifier the lemon has long been known and appreciated. A lemon bath is considered a daily necessity in the West Indies. Three or four lemons are cut into the water and allowed to lie for half an hour, so that the juice may be extracted. Such a bath gives to the skin a delightful sense of freshness and cleanliness.

A solution of lemon juice should be on

every toilet table, where a little can be rubbed into the skin of face and hands every night. It will not only whiten, but soften the cuticle. While taking a brief afternoon rest apply to the face and hands a paste made of magnesia and lemon juice. This will produce the same result.

Freckles yield to a lotion made of the juice of one lemon, a teaspoonful each of powdered borax and sugar. Put these in a bottle and use twice daily. Another combination consists of an ounce each of powdered alum and lemon juice and a pint of rose water. Apply this two or three times each day.

Among household uses it has always a place as a prime remover of fruit and mildew stains on white fabric, in connection with cold water and oxalic acid. Soak the stained part of the cloth first in cold water and then in a pint of water to which has been added one tablespoonful of lemon juice and one teaspoonful of oxalic acid. Be sure to rinse well after using, or the acid may eat the goods.

When hooks and eyes have rusted any part of a dress cover the part with salt, squeeze lemon juice over it, and rub thoroughly. Rinse with cold water at once.

Iron rust on marble will usually disappear if rubbed with lemon juice.

If a white garment seems hopelessly scorched it can generally be whitened again by soaking in lukewarm water. Then squeeze lemon juice over it, sprinkle with salt, and spread in the sunshine to bleach.

The sun, salt, and lemon juice combined are great whiteners. This mixture will remove old ink and rust spots. Sometimes three or four attempts are necessary before one attains success, however.

If lemon juice or any other acid has taken the color from a gown, touch the spot with common household ammonia and it will probably be restored.

If possible lemons for household use should be bought in June or July, when the fruit is cheapest and at its best. Buy them by the box, and in the store room have several large hooks. From these suspend the lemons in nets, so that they may get a free circulation of air.

Before using always roll a lemon on a hard surface, such as a table. It will yield more juice.

Lemon juice added to the water in which rice is boiled causes the grains to separate.

For Indian Summer Fete.

For the Indian summer fete some lovely gowns are made of fine silk mull, in flowered designs of Japanese cherry blossoms, peach blossoms, branches of almond blossoms, sprays of pink blossoms, and huge roses, with masses of green leaves for backgrounds. They are mostly trimmed with ruffles and flounces of the same material, with a lace stock and sash of richly flowered ribbon or chiffon. With these a Japanese fan and parasol are carried, and flowers to match trim the hats of the wearers.



Whitney would have no pictures in her drawing-room save a few elegant tapestries that were framed as pictures. Nor would she have heavy hangings. All the draperies were of the sort that could be taken down and shaken out. Thus the room was always sweet and clean, even though it did contain thousands of dollars' worth of tapestry. It is the close air that makes you feel heavy.

But to return to the subject of indoor life. The student who has been away for her vacation and who now enters the schoolroom, and who feels the reaction of indoor life, must begin her treatment by taking care of her lungs. It is the cramped up things that make all the mischief.

And the housewife who lives indoors and who feels tired and who is growing wrinkled and old and fat, can restore her youth and her health by changing the air of the house.

Remember that the trouble is caused by several things.

First, the sudden change from being out of doors to being indoors. The muscles have been given plenty of work to do and now they are idle. They do not work easily. It is just like letting a machine get rusty and out of sorts.

Indoor Air Bad.

Secondly, there is trouble with the indoor air. There is not one room in a hundred that is ventilated properly. To ventilate a room as it should be ventilated there must be a transom over the door and the window must be left open. If there is no transom, there should be two windows in the room, and both should be open.

If possible, keep windows open on opposite sides of the room. Open them wide, so that there is no draft. The air will not hurt you. As for the dust, never mind it.

If there is a little room with only one window in it, be sure to open the window both top and bottom. This makes a circulation of air. Fresh air comes in at the bottom of the window, while the air you breathe rushes out of the opening at the top. This is a very good arrangement for the small room. A lattice door is even better. For the air will play through the lattice, and the windows will keep a fresh supply always moving.

The school girl can usually manage to have a window opened in the room, or perhaps she can persuade the teacher to take an interest in the matter. As for the girl's own room, it will be to her interest to keep the air nice. Fresh complexions depend upon pure air to a great extent, and you can almost tell by the looks of a girl's face and by the light in her eyes the condition of the room in which she sleeps. A close, heavy, dusty room will always make dull eyes and a pasty skin.

Change in Your Diet.

Coming home from the country is trying for many other reasons beside that of being cooped up in a closed room. One misses many things which one gets in the country. And the principal thing is the change in diet.

In the country you may not have had fresh meat, and you may have had poor tea and coffee, and you had plenty of fresh vegetables. Corn on the cob was plentiful, and you had string beans and spinach and plenty of other green things, not counting the fruit which you picked

up under the trees and ate between meals until you nearly burst open. What with the pines, the apples, the crab apples and the pears which you stole, you managed to obtain a plentiful supply of perfectly fresh fruit at all hours of the day.

You miss the miss-on-hit diet, which somehow did not give you indigestion. Indigestion comes when you get home. And, though your roasts are done to a turn, as no country roast ever was done, and though your steaks would melt in your mouth, while the country steak was leather, and though your city chickens are tenderer and more plentiful than the country fowls, still you do not feel right.

Vegetables and Fruit.

The trouble is a vegetarian trouble. You need more fruit, all kinds; you need less meat. And these are the very things you need less of nearly everything that goes on the family table, and a great deal more of the country diet. It was skipping on everything except raw fruit and fresh vegetables. But it was long on beefs, on onions, on turnips and on potatoes. And these are the very things your complexion and your spirits need. Don't break off abruptly. But give them up gradually—if give them up you must.

"We have oxtail soup, roast lamb, a delicious entree and the best pastry in town today for dinner," complained a woman, "and yet I do not feel as well as I did last August, when we had salt pork for dinner, some green things and not much else except boiled potatoes and corn."

It was the green things "and not much else" that kept the spirits cheerful. And the change to the heavy city diet was bad.

Now, the school girl who feels the difference between the piazza and the parlor can still keep to her old diet. She can still throw open the windows and she can still dress in loose clothing. She can keep the same style of dress which she wore while away—loose, comfortable, light and pretty—and the result will be very apparent in her improved spirits.

Sweet Country Smells.

And there is another cause of that tired feeling in the fall. The city woman who returns to town misses the music of the country. She misses the cheerful sound of the singing birds and the whispering trees. She misses all the cheerful cricketings and she misses the twitterings and the glad sounds of country life. These she cannot supply in the city life. But she can get other things. She can get a day out in the country now and then and she can take trolley rides and she can steal a holiday when her housework is not too pressing.

The city woman, home from the farm, misses the scents of the country. She misses the sweet odors which were so invigorating and she feels the need of the spices which were wafted into her windows at early morning.

The city woman can supply herself with these sweet scents if she will cultivate the rose jar. If she will keep great pots of pot pourri in the halls and in the rooms. Each morning, after the rooms are dusted, the tops should be lifted off the jars and the rose leaves should be stirred. In the big jars there are all kinds of pulverized grasses, and

these will give forth sweet smells and send them sweeping through the hallways.

The English housewives, they of the fine complexions and strong muscles, make it a practice to stand big pots of potpourri in the halls. And each day they stir them from the very bottom. A Japanese jar which stood shoulder high, so high that it takes a long walking stick to stir it to the bottom, stands in the hall of a handsome house on the Thames; and each day the owner stirs it to its depths and sends its fragrance through the house.

The school girl can have her jar of potpourri, and so she can always obtain a sweetly scented room.

But the school girl must exercise. She can take her book and do a simple series of gymnastics. And so she can keep her muscles in good shape and her lungs full of air, even though she is no longer in the country.

PARISIAN JEWELRY

Among jewels of high artistic merit pendants stand pre-eminent. As an instance, I will first cite a superb pendant of chased matt gold, representing a dragon, whose outspread wings are beautifully enameled. A large, fine pearl is set in the jaws of the animal, while its undulating tail terminates with a pear-shaped opal. Other exquisite and popular designs are also of chased matt gold, and represent vine branches whose leaves are enameled in the proper colors. The grapes are fine pearls.

Necklaces are still to the fore. A beautiful necklace called duchess, consists of eleven rows of fine pearls gathered together by bands of brilliants. This necklace is adorned with a clasp thickly studded with diamonds. A charming necklace, called Bayadere, is composed of three rows of pearls gathered together at intervals by large pearls. This necklace, measuring about 1.5m. in length, is wrapped twice around the neck, and then tucked up gracefully. Pocket glasses are extensively shown. One is a tasteful glass of oxidized silver, whose cover is adorned with a charming decoration representing a tiny bird resting upon a spray of flowers; another has its cover adorned with a beautiful bust of a woman representing "Mignon." These pocket glasses are carried suspended from the long chain.

Appropos of long chains, I must mention the great attractiveness of those articles. The most popular patterns consist of thin links of matt gold, relieved here and there by pear-shaped turquoises or cabuchon cut emeralds. Some beautiful and artistic patterns are punctuated with motifs representing flowers treated in a new art style and are adorned with alders representing scarabs or other insects thickly studded with precious stones.

Charming chateaux bags, rectangular in shape, are of gold mesh with mountings enriched with rubies and diamonds. In the way of desk accessories I noticed many tasteful novelties. As an example let me cite paper knives of chased matt gold or silver, whose handles are studded with rubies, turquoises, or fine pearls. Other effective styles are of mother of pearl with a beautiful handle of oxidized silver, adorned with a mosaic branch, handsomely wrought. I noticed also elegant flat pencil holders of chased matt gold or silver, adorned with floral decorations representing forget-me-not flowers, four-leaved clovers, or lilies, enriched with precious stones. In table ware are many new and exquisite vases of pottery or cut crystal, whose chief characteristics are their old decoration and their strange shapes. Two new and charming flower holders are of colored sand with elegant mountings of pure tin.—Jeweler's Circular.